

**COSTA MESA HIGH SCHOOL**

**GIRLS VOLLEYBALL – 2016**

Congratulations on being selected to be a part of the Costa Mesa High School Girls Volleyball Program. Participation in Mustang Volleyball will be an experience in hard work and fun. We are going to work hard to achieve the highest level of performance that our skills will allow, and we will keep in mind that volleyball is a game … and games should be fun. However, as long as there is a scoreboard, we are playing to win the match with our highest level of character intact.

On the following pages, you will find important notices, documents and team schedules (subject to change). Some of these documents must be signed and returned before the player can participate in any team events. ALL players must have medical clearance prior to the beginning of the season. Please get your physicals done early so you do not miss out on any practices or team play. The High School Activities Form and Physical Clearance forms are included in this packet or you can go to <http://cmhs.schoolloop.com> – Athletics – CMHS/MS Athletics Resource Locker and download and print.

At CMHS, our Students are our highest priority. Please remember that participation in athletics is an important part of a student’s overall educational experience, but participation is a privilege, not a right.

All players, coaches, faculty members, booster club members, spectators and volunteers play an important part in making our Mustang Volleyball Program a success. If you have any suggestions or input, please feel free to let us know.

**PLAYER EXPECTATIONS**

All CMHS athletes are students first and need to stay on top of their academics. Students must maintain passing grades and good conduct in order to participate. Full day attendance is required to participate in a match.

***Practice Rules***

* Your attendance at every practice is absolutely necessary. Coming late or missing a practice or game shows a lack of commitment and respect for your coach and your team. Excused absences due to illness, family emergency or special circumstances are understandable. Please notify your coach as soon as possible.
* Injured players should attend practice and games at the coach’s discretion.
* If you have a school related activity that conflicts with practice, please let your coach know ahead of time.
* Your conduct on and off the court is expected to be mature and sportsmanship like. Maintain a positive attitude and be a team player. Concerns, if you have them, should be directed to your coach.
* Show respect to your teammates and coaches at all times. Be coachable and accept feedback because it will make you a better player. Signs of disgust, talking back, trash-talking other players or noncooperation will not be tolerated.

***Game Conduct***

* All CMHS players must play within the rules set for by the CIF. Athletes are expected to conduct themselves in a positive manner.
* Be ready for the game! Make sure you have both of your uniforms and kneepads at every competition. Only official CMHS jerseys can be worn for games. All jewelry must be removed including earrings.
* Set the tone when you step onto the court. Hustle!
* Respect your opponents.
* Respect the referees.
* Show good sportsmanship at all times. Maintain a high character. It is one of the most important traits you will carry with you your entire life.
* When not in the game, CHEER for your team. This shows your coach that you are engaged in the match and ready to be called upon when needed.

***Transportation Conduct***

* All players must ride to our away matches on the bus in order to participate in the match.
* The bus will leave on time. Please be present and ready to board at least 10 minutes before departure. We will not wait for you.
* Clean up after yourselves, no yelling and screaming is necessary and thank your bus driver.
* All players must ride back to the school on the bus from the match unless a parent/guardian signs them out with their coach at the end of the match.

***Equipment Care***

* You are responsible for cleaning your own uniform, and it must be clean for each match. At the conclusion of the season, ALL jerseys must be returned, cleaned, immediately.
* Before and after each practice and home game, every team member is responsible for the set up and tear-down of all nets and poles and the collection of the volleyballs.

***Other Player Expectations***

* Please volunteer to call lines and keep score. Varsity team members help will be needed at home games to assist with JV and Frosh/Soph games. JV and Frosh/Soph will be expected to help during the Varsity games.
* Please stay and support your CMHS teams. When Varsity takes the court, JV and Frosh/Soph players are expected to be present and on the court for their introduction.
* Make sure you have proper nutrition before games and practices. It will provide you with the energy needed for the game.
* Report any injuries to your coach as soon as possible.
* Take fundraising seriously and work hard to help our teams reach their fundraising goals.
* During the Dave Mohs Varsity Tournament – ALL PLAYERS are expected to help out in some capacity. This is a 2 day tournament and we will need lots of help. If you do not choose at least one shift, one will be chosen for you.

**PARENT EXPECTATIONS**

Parents are vital to the success of the Costa Mesa High School Volleyball teams. Parents are needed and expected to play a supporting role. All parents/guardians are asked to volunteer in some capacity so our teams can function well.

1. Be supportive and positive about your player’s experience. Support her coaches and teammates.
2. Do not criticize the officials or the opposing team’s players, spectators or coaches.
3. Encourage your player to resolve any issues on her own before getting involved.
4. Not every player will receive equal playing time and those decisions are made by the coaches.
5. Send your player with food/snacks. Nutrition is important.

***Donations for snack bar***

* There is a form in this packet with the item(s) we are asking your player to donate for sale at our snack bar. We have 6 home games plus the Dave Mohs Tournament. We need donations throughout the season, the form you’ve received is just what we need to get started. This is how we earn much needed funds to keep our uniforms fresh, attend tournaments, have a nice year-end banquet, etc.
* When you bring in your donation(s), please attached the form so we know which player it came from and thank you for your support!
* If you choose not to donate items to our snack bar, we offer a $30 buy-out. Please send cash or a check (payable to CMHS Volleyball Boosters) with your player.
* As always, please consider donating throughout the season. Even a case or two of water or Gator Ade is very much appreciated. Just bring it to any home game.

***Volunteering***

* We have 6 home games and 1 major tournament at Costa Mesa High School. We need volunteers to sell at our snack bar. It’s very easy and helps out our team immensely.
  + Varsity Parents – Your help is needed to set up the snack bar and sell during the JV/Frosh Soph games so those parents can enjoy watching their players. Instructions and price lists are available. You can sign up on line in GoogleDocs or at the mandatory parent/player meeting.
  + JV/Frosh Soph Parents – Your help is needed to sell during the Varsity games and tear-down and put supplies in storage. You can sign up on line in GoogleDocs or at the mandatory parent/player meeting.
* At the 6 homes – we need 2 parent volunteers for each shift … that’s only 24 parents total.
* For the Dave Mohs Tournament – we need lots of volunteers to take a 2 to 3 hour shift throughout the 2 days of the tournament. This tournament is for the Varsity players. We do not know the schedule of when Varsity will be on the court, so those parent volunteers will be excused when the game starts. We need Frosh/Soph and JV parents at each shift for this reason.

***Fundraising***

There will be opportunities throughout the season to help with fundraising for our Volleyball teams. Please support your players as these much needed funds help our teams get new uniforms and equipment, attend tournaments and have an awesome year-end banquet.

Please sign and return this page.

**\*\* STUDENT EXPECTATIONS \*\***

I have read and understand the CMHS Volleyball rules and expectations. I will abide by all the rules and expectations and realize that if I fail to adhere to these expectations, it may result in a loss of player privileges.

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PLAYER NAME (PRINT) PLAYER NAME (SIGNATURE) DATE

**\*\* PARENT EXPECTATIONS \*\***

I have read and understand the CMHS Volleyball rules and expectations. I understand the rules and expectations.

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PARENT NAME (PRINT) PARENT NAME (SIGNATURE) DATE

SNACK BAR DONATIONS

Please tape this page to your donations before you turn them in so we can give your player proper credit.

HERE ARE MY DONATIONS!

PLAYER NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LIST DONATION

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I prefer to take the Buy-Out Option. Here is my payment for $30.00

Player Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please make check payable to CMHS Girls Volleyball Boosters

